

NOVEMBER/DECEMBER 2025

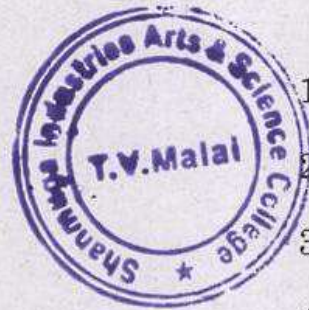
23PEMB13B — HEALTH HYGIENE

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.



1. Define personal hygiene.
2. What is called psycho social concept of health?
3. What is called balanced diet?
4. Write down the components of environmental hygiene.
5. Define physical health.
6. Mention health destroying habits.
7. What are the indicators of poor mental health?
8. Mention any 3 occupational hazards.
9. What are the common anti-malarial drugs?
10. What are pentavalent vaccine?

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Write briefly about the factors affecting the health.

Or

- (b) Write about positive practices of a community.

12. (a) Write a brief note on balanced diet for a pregnant woman.

Or

- (b) Write about healthy laws for food safety.

13. (a) Write a brief note on YOGA.

Or

- (b) What are the health effects of using GANJA?

14. (a) Why the emotional stability is important?

Or

- (b) Write about the mental hygiene of childhood.

15. (a) Write about RCH.

Or

- (b) Write a brief note on Tuberculosis control programmes in India.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Write a detail note on health destroying habits.

17. Explain in detail about food fortification.

18. Write in detail about physical exercise and their importance.

19. Explain about the factors responsible for developmental tasks of mental health.

20. Write a detail note on family planning programme.